

## Meal Pattern Requirements for the After School Snack Program

The snack or supplemental food shall contain at least two of the following four components for ages 1 –18. The serving sizes indicated below are for ages 6 – 18.

### 1. Milk

Serving size: 1 cup.

Must be fluid milk.



### 2. Meat/Meat Alternate

Serving size: 1 ounce. Yogurt must be 4 ounces (weight) or ½ cup volume.

Lean meat, poultry, fish, cheese, eggs, cooked dry peas or beans, peanut butter, yogurt (plain or sweetened and flavored), or an equivalent combination of any of the above.

### 3. Fruits or Vegetables

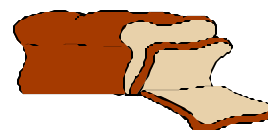
Serving size: ¾ cup.



Vegetable(s) and/or fruit(s) or full-strength fruit or vegetable juice, or an equivalent quantity of any combination of these. Juice may not be served when milk is served as the only other component.

### 4. Grains/Breads

Serving size: 1 serving



All grain/bread items must be enriched or whole-grain, made from enriched or whole grain flour, or if it is a cereal, the product must be whole grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour. See Grain/Bread Instruction for more information.